

# Darvin Dominguez

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**\$5,000 WINNER**  
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I decided to participate in the Challenge because at one point I didn't feel motivated or encouraged to do new things or everyday activities. I wasn't taking care of myself physically or mentally. Since I have been participating in the Thrive Challenge, I have seen great changes in myself.

## **I decided to go to bed earlier every night so I could rest better.**

I leave my phone on Do Not Disturb mode and it has worked for me. I'm going to bed earlier, and thanks to that, I can perform much better at work and I don't feel as exhausted as before.

## **In the morning, I eat a good breakfast with vegetables.**

For lunch, I eat salmon, salad, or mashed potatoes. At night, I drink sugar-free fruit smoothies. Before the Challenge, I ate a lot of rice, pizza, and hamburgers. Thanks to those changes, I have improved a lot.

## **I have incorporated movement, like walking for a few minutes to start and then running.**

I also started playing softball and I always do that in the mornings when I get up. That helps relieve my stress.

## **During the day, my wife and I make time to talk about how our day went.**

If it went badly for us, we encourage each other. The same applies to my daughter. If she had a negative day, we talk to her with a lot of positivity to help her and have a good mood. It is very important to always help others who need advice. If I see a sad friend or family member, I always talk to them to



## **I'm saving because I've stopped spending money on unnecessary things.**

Thanks to small adjustments, I can have a better quality of life.

## **My experience with the Challenge has been very good, and my wife and daughter are happier with me.**

They tell me that now they always see me in good spirits and I'm always smiling, and they love that. At that moment I realized that the Challenge works, and that motivated me to continue doing the Challenge day after day. Thanks to the Challenge I am a happier person, I sleep better, I eat healthier, I share more with my family, and I arrive at work in a better mood. Thanks to those changes I am a better person.



THRIVE